STOP WEIGHT BIAS

Be Part of the Solution

Weight Bias in U.S. Adults

Weight bias is holding negative attitudes about people's weight or harming and shaming them because of their weight. Weight bias can exist in every aspect of life including employment, health care, education, media and someone's personal life.

Weight bias is prominent in the U.S.

90% of U.S. adults say it exists.[1]
42% of U.S. adults say they've experienced it.[1]

Weight shaming is actually bullying.

Studies show weight bias and shaming do not help people lose weight.[4]

46% of people who've experienced weight bias say is it has impacted their ability to control their weight.[1]

BULLYING

Healthcare providers show weight bias.

In one study, physicians indicated that they would spend **28%** less time with a patient with obesity than they would a patient of normal weight.[3]

10.3% of U.S. adults have experienced weight bias in healthcare.[1]

72%

Weight bias also comes from family members.

In one study, 72% of respondents said they experienced weight bias from family members.[2]

Media surrounds us with negative images about weight.

Media is the number one area where adults who say they've been the subject of weight bias experienced it.[1]

What can I do to STOP weight bias?

1. Ask yourself if you hold negative opinions about people with excess weight. If so, remember obesity is a complex disease with multiple causes including genetic, biological, and other noncontrollable factors.
2. Challenge people who express negative opinions about people with excess weight.

Be Part of the Solution - visit StopWeightBias.com

Sources:

1. OAC online survey of 1,114 U.S. adults, May 2020.
2. Weight bias: Important information for parents. http://biastoolkit.uconnruddcenter.org/toolkit/Module-6/6-04-WeightBiasInfoParents.pdf
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4. Tomiyama, A., Carr, D., Granberg, E. et al. How and why weight stigma drives the obesity 'epidemic' and harms health. BMC Med 16, 123 (2018). https://doi.org/10.1186/s12916-018-1116-5